



APEEJAY SVRAN GLOBAL SCHOOL
SESSION-2020-21
TERM-I END EXAMINATION
SUBJECT- PHYSICAL EDUCATION
CLASS- XI

Name - _____
Date - _____

M.M: 35
Duration:

General Instructions:

- * The question paper consists of 11 questions.
- * All questions are compulsory.
- * Answers to question 1-3 carrying 1 mark.
- * Answer to questions 4-7 carrying 3 marks should be in approximately 80 to 100 words.
- * Answer to questions 8-11 carrying 5 marks should be in approximately 80 to 100 words.

PART-A

GIVE ONE WORD ANSWERS.

- Q.1 What is the meaning of the Sanskrit word Yuj?
- Q.2 How many elements of yoga are there?
- Q.3 What is the meaning of Purka?

PART-B

- Q.4 Write down a brief note on 'Khelo India' Programme.
- Q.5 Discuss the main functions of IOC.
- Q.6 Describe the importance of healthy/positive lifestyle.
- Q.7 Explain the term 'pranayama' in detail.

or

Discuss the elements of yoga

PART-C

Q.8 What are the various career options in physical education? Discuss the teaching career.

Q.9 Does appropriate development of values take place through Olympic games? Give your views.

Q.10 What do you mean by physical fitness? Elucidate any two components of physical fitness.

Or

Define physical fitness and wellness. Elaborate the importance of physical fitness and wellness in detail.

Q.11 How can inclusive education be implemented in India effectively? Explain.